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ABSTRACT

Intergenerational programs designed to increase cooperation, interaction, and exchange of ideas between Owen-Withee Elementary School students and older residents of the Clark County Health Care Center (Wisconsin) are described in this collection of information and activity sheets. Activities such as a grandparents' day and a pen pal program are described. Program plans, worksheets, and guidelines for increasing student awareness are also provided. One figure is included. (LMI)

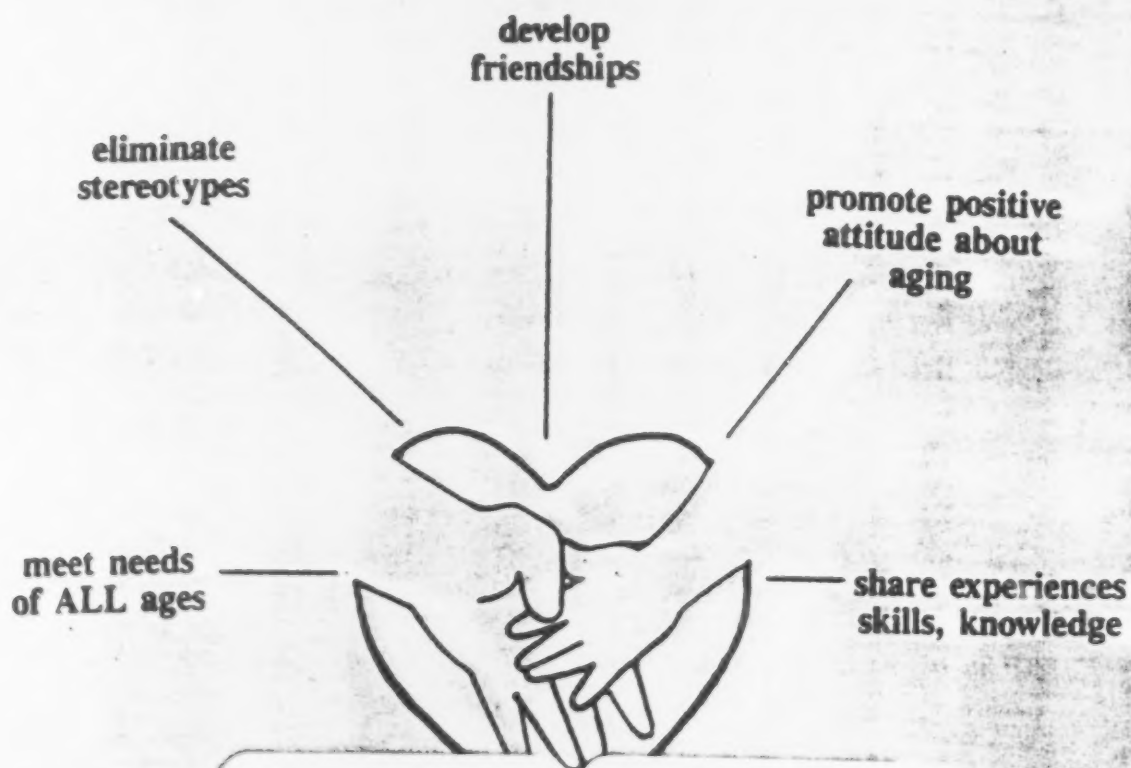
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OWEN-WITHEE ELEMENTARY SCHOOL

OWEN, WISCONSIN

Intergenerational Programs...



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maintain heritage
and culture

appreciate talent
and wisdom of
older people

SCHOOL DISTRICT OF OWEN-WITHEE

Gerald J. Nelson
District Administrator

Charles J. Deery
Jr. - Sr. High School Principal

Art A. Feldman
Elementary Principal

Post Office Box 417 • 832 W. 3rd. St. • Owen, Wisconsin 54460

(715) 229-2151

06 November 1991

Dear Ms. Lannom,

Perhaps the following paragraph will suffice.

Intergenerational programming is activities and programs that increase cooperation, interaction, or exchange of ideas between two generations. It involves the sharing of skills, knowledge and experience between the young and the old. The Owen-Withee Elementary School and the Clark County Health Care Center have such an exchange. Yearly program is explained.

This school's "Action" Club is also a vehicle which promotes cooperation between children and adults within the school setting. Some activities that this club promotes are outlined.

Sincerely yours,

Art Feldman

Art Feldman



"Education Makes Truth Self-Evident"

GRANDPARENT'S DAY

On Thursday, April 12, 1991 the Owen-Withee Action Club is inviting the grandparents of O-W Elementary students to be our special guests.

We would like to have "You", the grandparents, visit you grandchild in his or her classroom, have a snack and some coffee, tour the school, and even have lunch with us if you desire.

The Action Club has set up a schedule of classroom times so that those of you who have more than one grandchild may get a chance to visit them all.

Kindergarten	-----	9:00 - 9:15
1st grade	-----	9:25 - 9:40
2nd grade	-----	9:50 -10:05
3rd grade	-----	10:15 -10:35
4th grade	-----	10:45 -11:05
5th grade	-----	11:15 -11:35
6th grade	-----	11:45 -12:05

Lunch is served continuously from 11:30 until 12:20

Snacks and coffee will be served in the library between classes.

If you plan to attend our annual Grandparent's Day, please fill out the following form:

I _____, plan to visit grades
_____.

I (will) (will not) stay for lunch.

Please return this form to school by April 5, 1991.

1989

GRANDPARENT'S DAY

The Owen-Withee Elementary "Action Club" will hold their 2nd annual Grandparent's Day on Friday, April 28th.

Please invite your grandparents to visit our school and your classroom between 9:00 a.m. and 12:00 noon.

Your grandparents are invited to attend a special class, help you get a book for RIF Day, eat lunch, go out to recess, visit your classroom, etc.

We are not planning to extend the time into the afternoon hours.

Some of the rooms will be having special programs planned. Perhaps you can tell your grandparents what time that will be.

A letter from your grandparents could be shared with your class if they cannot attend.

Our response last year was great! We sincerely hope that even more of your grandparents can attend this year.

Registration tables will be by the east doors. Name tags will be given along with directions. Members of the "Action" Club will be on duty to assist.

Coffee and cookies will be served in the elementary library. Please plan to stop by.

GRANDPARENT'S DAY APRIL 28th

Name_____

Grandchild(children)_____

Number attending_____

I will be eating lunch with my grandchild. ___Yes ___No

Teacher's name_____

Please return to your teacher by April 25.

4-12-90

Grandparent's Day

The Owen-Withee Elementary "Action Club" will hold their 3rd annual Grandparent's Day on Thursday, April 12th.

Please invite your grandparents to visit our school and your classroom between 9:00a.m. and 12:00 noon.

Your grandparents are invited to attend a special class, eat lunch, go out to recess, visit your classroom etc.

We are not planning to extend the time into the afternoon hours.

The following schedule has been planned:

9:00-10:00 Visit your grandchild's classroom. There may be something special planned in some of the classrooms.

10:00-11:00 A special Grandparent's Day program in the gymnasium.

11:15-12:00 Join your grandchild for lunch. Grandparent's lunch is compliments of the Owen-Withee School District.

A letter from your grandparents could be shared with your class if they cannot attend.

Our response last year was great! We sincerely hope that even more of your grandparents can attend this year.

Registration tables will be by the east doors. Name tags will be given along with directions. Members of the "Action Club" will be on duty to assist.

Coffee and cookies will be served in the elementary library. Please plan to stop by.

Grandparent's Day April 12th

Name _____

Grandchild (children) _____

I will be eating lunch with my grandchild ____ yes ____ no

Teacher's name _____

Please return to your teacher by April 9th

Hello, Most wonderful and kind teachers,

The "Grand Plan" for the Music Program during Grandparents Day is as follows:

Thursday, April 12, 1990--Morning

Set up in Elementary Gymnasium 10:00 to 10:10

10:15 --Enter Kindergarten

Formation for performance by the piano

Welcome, introduction, Kindergarten sings two songs--

"Winter Goodbye", "Six Little Ducks."

Return to classroom as

10:25 --Enter First Grade

Formation for performance by the piano.

Introduction, First Grade sings two songs--

"Springtime Is Coming," "Little Redbird in the Tree"

10:30 --Enter Second Grade

Formation for performance by the piano

Introduction, second grade sings two songs--

"in the Leafy Treetops", "Because It's Spring"

10:35 --Enter Third Grade

Formation for performance by the piano.

Introduction, Third Grade sings two Songs--

"Love", "C is for Clouds."

10:40-- Enter Fourth Grade Recorder Class

Formation for performance by the piano.

Introduction, Fourth Grade Recorder Class plays

"Herzlich tut mich verlangen"

"Chorale" to Beethoven's 9th Symphony

Release to an area to sit on the floor as

10:50 --Enter EXCEL Choir

Formation for performance by the piano.

Introduction, EXCEL sings two songs--

"The Ash Grove", Clouds"

Thank You for coming

11:00 Lunch

The time slots are an estimate and I hope to stick to it. I would appreciate your help to monitor the children's entrances and guiding them to their area where they will be sitting on the floor, quietly, as each group performs. If you would want your students to return to your classroom-- after they perform--please let me know. If you have any questions or comments-- please let me know.

Thank you,

Tim

GRANDPARENT'S DAY

How many children had grandparents visit your classroom?

How many grandparents was this?

Please make any suggestions or comments you may have in relation to our 3rd annual Grandparent's Day.

Thank you for your effort in making Grandparent's Day a success. The comments from the grandparents were very favorable.

THANKS!!

To Students & Staff

OWEN-WITHEE ELEMENTARY SCHOOL

GRANDPARENT'S DAY QUESTIONNAIRE:

Thank you for attending Grandparent's Day at OW Elementary. This was the third annual event, with each one getting a bigger response. We're already planning for 1991 and would like to hear your comments and suggestions. Please take a minute to jot down your thoughts. We really appreciate it.

visiting classes:

the special program:

the time of year:

Lunch:

any other comments:

circle one

I am a GRANDPARENT PARENT STUDENT other _____

Duties, Comments, and Suggestions for a Well-Organized

Grandparents Day

Send invitations early	Action club members work in shifts
Have decorations	Serve snacks
Serve coffee and cookies	Pin on name tags
Guest book	Act as Hostesses
Coat racks	Set up table and chairs
Enough chairs	Work in kitchen
Have program in gym	Wash off tables
Have notes for details on lunch line, extra tub for silverware	
Extra trash cans	
Signs up	
Evaluation sheet	

Growth from year to year.....

<u>1988</u>	<u>1989</u>	<u>1990</u>
121 - 47 lunch	200 - 135 lunch	245 - 209 lunch

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THE OWEN-WITHEE ELEMENTARY SCHOOL AND THE CLARK COUNTY HEALTH CARE CENTER CONNECTION

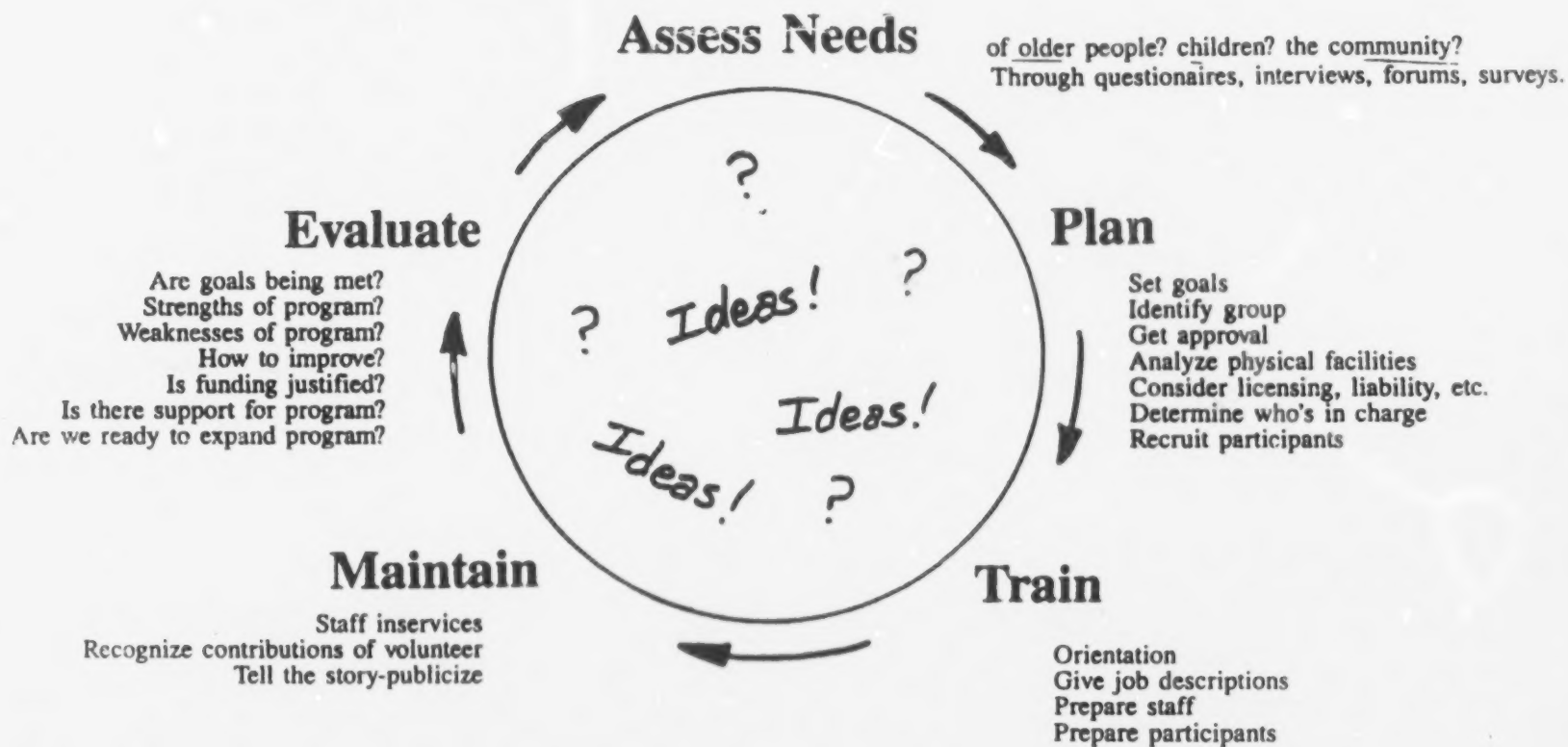
The following pages indicate our philosophy regarding interactions between our students and residents of the health care facility. We have a year long letter/card writing activity. Our students are matched with the residents and correspondence is exchanged on a regular basis. That are also occasions for the "pen pals" to meet and visit and have lunch together. The students produce their own special occasion cards, and the folks who receive them are really excited. Both groups benefit as they learn to really appreciate each other.

The students are also very eager to take plays, musical presentations and field trips to the center and these are very well received. The program must be mutually beneficial to succeed. We believe this one is.



"Education Makes Truth Self-Evident"

Intergenerational Program Planning is a Continuous Process...





Check your Yellow Pages

Possible Intergenerational Partners

American Association of
Retired Persons (A.A.R.P.)

Adult Day Care

Businesses

Child Care Center

Churches, clergy

Civic Groups

Jaycees

Rotary

Colleges and University

Community Dance,
Theater or
Arts Groups

Council on Aging

Ethnic Associations

Youth Organizations

Boy Scouts

Girl Scouts

4-H

Gray Panthers

Check your yellow pages to identify agencies, groups or institutions in your community that may link up with you in your intergenerational planning. Keep an on-going resource file as you meet and learn of individuals and groups interested in intergenerational programs.

Tap into this resource!

Group Homes for
Young People

Health and Human
Services Agencies

Justice Systems

Kinship

Big Brother/Big Sister
programs

Libraries

Nursing Homes

Parks and
Recreation Programs

Parent Teacher
Organizations

Retired Professional
Groups

Retired Senior
Volunteer Program
(R.S.V.P.)

Schools
private and public

Senior Citizen
Meal Programs

Senior Citizen
Residential Centers

Athletic Organizations

Volunteer Clearinghouse
Agencies

Y.M.C.A.
Y.W.C.A.



Aging Awareness Exercise

Directions: Circle a "T" for each statement and an "F" for each false statement.

- | | | | |
|---|---|-----|--|
| T | F | 1. | Most people who are old live in nursing homes. |
| T | F | 2. | Between ages 30 and 40, most people begin to decline physically. |
| T | F | 3. | The primary sources of income for people over age 65 are social security benefits and pensions. |
| T | F | 4. | As people grow old, they usually become "senile," or mentally confused. |
| T | F | 5. | Personal habits affect life expectancy. |
| T | F | 6. | Old people are less likely to have colds and infections than younger people. |
| T | F | 7. | People become less intelligent as they grow older. |
| T | F | 8. | Less than 5% of the U.S. public is over age 64. |
| T | F | 9. | Before this century, people usually died during what is now called "youth" or "middle age." |
| T | F | 10. | Children are less likely to have living grandparents today than they were in earlier times. |
| T | F | 11. | Most women who marry and remain married eventually become widows. |
| T | F | 12. | Old people usually are not interested in sex. |
| T | F | 13. | Non-white Americans generally do not live as long as white Americans. |
| T | F | 14. | How long people live is determined partly by their lifestyle and environment. |
| T | F | 15. | Elderly adults are less likely to vote than younger adults. |
| T | F | 16. | Most elderly adults have less formal education, such as school and college, than younger adults. |
| T | F | 17. | Respect for older people usually increases as societies become more modern and people are better educated. |
| T | F | 18. | Job discrimination toward people of all ages is against the law. |
| T | F | 19. | Old people usually have serious ailments that prevent them from living active lives and make them dependent on others. |
| T | F | 20. | The average age of the world population is expected to increase over the next fifty years. |
| T | F | 21. | The attitudes and personalities of people stop changing by middle age. |
| T | F | 22. | It is only in the past few decades that most people have been able to voluntarily retire from work. |
| T | F | 23. | Elderly people have a higher suicide rate than other age groups. |
| T | F | 24. | As people grow older, they become more conservative. |
| T | F | 25. | Old age is now the leading cause of death in the United States. |

Reprinted and adapted from the 1987 National Community Education Day Planning Packet, National Community Education Association

- False 1. Only about 4-5% of older people live in institutions-- nursing homes or homes for the aged. About 25% of the elderly do spend some time in a nursing home before dying.
- True 2. Physical decline begins in most people in their 30s. Changes include declines in lung capacity, physical strength, and the five senses, as well as slowing of reaction time. Each individual experiences physical changes at different rates and in different forms. Many people maintain good health and stamina even in advanced old age.
- True 3. The elderly have the lowest median annual income of any age group. About 25% live below the "poverty level" set by the federal government. Although many older people have little income, many have savings, real estate, and other assets.
- False 4. Less than 15% of the elderly become senile. Many elderly people end up in mental hospitals because there is no residential alternative.
- True 5. Smoking reduces life expectancy by up to 8 years, for those who smoke more than 2 packs of cigarettes a day. Regular exercise can increase life expectancy by at least 3 years.
- True 6. People often find that incidents of colds and infections are few after retirement. Free of the daily stress of the "rat race," many retirees find time for a consistent regimen of exercise, rest, and sleep. Personal life expectancy increases with age. However, most older persons have at least one chronic condition. The most frequently occurring conditions in 1984 were arthritis, hypertension, hearing impairments, heart disease, and cataracts.
- False 7. In general, the time required to learn new tasks or skills increases with age. However, vocabulary and conceptual skills often improve after age 60, and all people are capable of learning, regardless of age.
- False 8. In 1980, approximately 11% (26.8 million people) of the population was 65 or older, a total of 24 million people. By the year 2030, the elderly will make up about 20%, or more than 40 million people.
- True 9. Historically, people died at younger ages from diseases that modern medicine has overcome. A child born in 1985 could expect to live 74.7 years, about 27 years longer than a child born in 1900.
- False 10. Children are far more likely than ever before to have grandparents but less likely to know and spend time with them.

(Continued on next page)



Answers and Discussion

Guide for Aging Awareness Exercise



Answers and Discussion

Guide for Aging Awareness Exercise

- True 11. On the average, women live several years longer than men. 75% of American women who marry and remain married eventually become widows. In 1985, there were more than five times as many widows as widowers.
- False 12. As they grow old, both men and women maintain sexual interest and relations with some changes in sexual behavior.
- True 13. On the average, non-white Americans have shorter lifespans than white Americans. The socio-economic status of often-disadvantaged minority groups should be considered when interpreting this conclusion.
- True 14. For most people, lifestyle and environmental factors are more important than genetic factors in determining life expectancy.
- False 15. The elderly vote more frequently than any other age group. In the 1980 Presidential election, 69% of those age 65 or older voted.
- True 16. Only about 1/2 of the Americans over the age of 65 have completed high school. Between 1970 and 1985, their median level of education increased from 8.7 years to 11.7 years. The numbers will grow in future years, as generations supported in educational endeavors grow old.
- False 17. Primitive societies provide elders the highest status and most prestige.
- False 18. Age discrimination in most jobs is illegal up to age 70.
- False 19. Many older people actively enjoy life. Studies of happiness, morale, and life satisfaction either find no significant differences by age groups or find about one-fifth to one-third of the aged scoring low on some happiness/morale scales.
- True 20. The average age of Americans today is 31. Between now and the year 2030, that average will increase.
- False 21. Personality development continues throughout life.
- True 22. Most Americans today can and do retire, while most workers in 1900 could not and did not retire from their jobs.
- True 23. Suicide rates for elderly are higher than those for any other age.
- False 24. Studies show that many older people today are much less conservative than younger populations.
- False 25. Old age has never killed anyone! Disease, accidents, and weapons kill.



Common Mistakes Made When Working With Older Adults

- ★ **Using depersonalizing or demeaning names such as "dear" or "sweetie pie".**
Use of actual names reinforces self-identity and maintains integrity of older person.
- ★ **Taking over for expediency's sake.**
Give them time to do the task; let them feel they have control in their lives.
- ★ **Forgetting that visual ability may be impaired.**
Visual acuity may fluctuate from day to day.
- ★ **Approaching an older person from behind.**
Approach them from a visible direction to avoid startling them.
- ★ **Depriving them of touch.**
Older people often become isolated from human touch. A touch or a hug reaffirms their sense of self-worth.
- ★ **Responding in a judgmental manner to their ideas or comments.**
Remember -- they are entitled to their opinions.
- ★ **Becoming impatient at hearing the "same old stories" again and again.**
Encourage them to tell of their life experiences.
- ★ **Interrupting.**
Wait for a pause to say what you want to say. Interrupting conveys the idea that the older person has nothing important to say.
- ★ **Assuming older person lacks insight or does not understand.**
Ask for their ideas; give them time to process new information.
- ★ **Expecting that an older adult's behavior will be a "certain way".**
Behavior may change from day to day; just as behavior of younger people may fluctuate from day to day.
- + Not including older people in making decisions which affect them

Here are some questions to help a child get to know an older person.

The Questions:

- ★ What was your family like when you were my age?
- ★ Tell me about the places you have lived.
- ★ What kinds of games did you like to play when you were my age?
- ★ What was school like?
- ★ What types of jobs have you had?
- ★ Did you marry? Tell me about your family. Did you have pets?
- ★ What do you like to do for fun?
- ★ What are some of the most important historical events that have happened in your lifetime?
- ★ What is it like to wear glasses? ... a hearing aid? ...walk with a cane? ... sit in a wheelchair?
- ★ What did you do when you were my age?
- ★ What were you afraid of when you were my age?



Getting to Know an Older Person

SAMPLE CHILDREN'S INTERVIEW QUESTIONS

- * HOW DOES IT FEEL BEING OLD?
- * WHAT WAS LIFE LIKE WHEN YOU WERE A CHILD?
- * IF YOU COULD BE ANY AGE, WHAT WOULD IT BE?
- * WERE YOU EVER BAD AT SCHOOL OR AT HOME? WHAT DID THEY DO TO PUNISH YOU?
- * WHAT SPECIAL TOY OR BOOKS DID YOU HAVE?
- * WHAT KIND OF CLOTHES DID YOU WEAR AS A CHILD?
- * WHAT IS YOUR FAVORITE PLACE THAT YOU LIVED OR STAYED AT ON VACATION?
- * WHAT DO YOU LIKE TO DO FOR FUN?
- * WHAT BIG CHANGES HAVE HAPPENED IN THE WORLD DURING YOUR LIFETIME?
- * HOW DID YOUR FAMILY CELEBRATE BIRTHDAYS AND HOLIDAYS?
- * DO YOU HAVE ANY GRANDCHILDREN? WHAT DO YOU LIKE TO DO WITH THEM?
- * WHO WAS ONE OF THE MOST IMPORTANT PEOPLE IN YOUR LIFE?
- * WHERE DID YOU GROW UP? WHAT WAS YOUR NEIGHBORHOOD LIKE?
- * DID YOU EVER WIN ANY CONTEST?
- * DO YOU HAVE ANY MEDICAL PROBLEMS? HOW DO YOU TAKE CARE OF IT?
- * WHAT DID YOU DO FOR FUN, BEFORE THE TELEVISION WAS INVENTED?
- * WHAT SUGGESTIONS OR ADVICE DO YOU HAVE FOR YOUNGSTERS GROWING UP TODAY?

VISITING AN OLDER PERSON TIPS

Designing Your Visit:

- * Ask yourself, "Is this visit important? Why?"
- * Pre-plan...call ahead to determine the hour of convenience
check the meal times, exercise & rest times
- * Plan where you will meet and be punctual
- * Use common sense with regard to outings, shopping, etc.
- * Don't overstay your visit...watch for signs of fatigue
say that you are leaving and do so
- * Minimize personal barriers:
Check for health and sensory conditions such as hearing aids,
steps and stairways, inability to express themselves due to
stroke, etc.

When Visiting Older Persons:

- * be sincere
- * be cheerful
- * be pleasant
- * share common interests of the past and present
- * make it a mentally stimulating experience
- * be a good listener
- * be on the alert for hidden messages

Some Listening Tips:

- * Active listening is required...be attentive
- * Allow for comfortable silence during conversation
- * Take turns sending and receiving messages...don't do all the talking
- * Speak clearly...slow down a bit
- * Give time for a message to be absorbed...be patient, repeat, summarize
- * Use a pleasant tone of voice...body language and tone of voice
convey a lot
- * Lean forward towards the person
- * Sit close to the person and sit at a comfortable level

Be An Interesting Visitor:

- * Anticipate interesting topics...communication will grow if the message is meaningful
- * No gossiping, griping, or arguing...no baby talk
- * Avoid long speeches and one-word replies such as yes or no
- * Avoid talking too loudly or too fast
- * Maintaining good, direct eye contact
- * Laugh...a lot
- * Include compliments that are genuine
- * Avoid prying questions...such as "why did you..,"
- * Don't make grandchildren the sole topic
- * Make no promises that you may have doubts about or that are inappropriate

How Will You Determine What To Talk About?

- * Take a clue from the person's surrounding...objects in the room
- * Notice what they are doing when you arrive
- * Enjoy new ideas and also a history of the past
- * Share your abilities and hobbies
- * Emphasize happy times
- * Preface your thoughts with words such as "how", "what", "which," or "tell me", etc

Coping With A Non-responsive Person:

- * Allow a period of comfortable silence
- * Smile a lot
- * Touch them carefully and gently
- * Show them interesting objects as you talk
- * Use open-ended sentences...one's that can't be answered by a yes or no

Evaluating Your Visit:

- * Review how both of you behaved...smiles, eye contact, etc.
- * Was there an opportunity for both of you to talk and listen?
- * Were there non-verbal indicators...gestures, nods, etc.?
- * Were there questions asked?
- * Was comfortable silence allowed for?
- * Was the physical setting comfortable...did the lights produce a glare? was the background quiet enough? was their hearing aid turned on?, etc.
- * Did you have a positive feeling beforehand about the coming together?

Remember, all things worth doing take effort. Your interests and concerns are your best tools. You are getting to know another person on a more meaningful level!

PEN PAL friend

Name NORMA Budtke Unit 2EA Man or Woman

Clark County Health Care Center

Owen, WI. 54460

Former

Occupation- Housekeeper at St. Joseph's Hospital

Places traveled Londre lac, Appleton

Special interests _____

Favorite food Cottage Cheese / Pleasant Butter Candy

What I enjoyed most as a youngster cooking, baking

If I could travel any where I'd like to go to _____

Foods I can not eat are _____ or NO Problem, I Love Food. X

I like to: Read ✓ write _____ Sleep ✓ play pool _____ watch t.v. ✓
Others _____

-I am a grandpa _____ I am a grandma _____ I like Children ✓

I am looking forward to writing to you and being your PIN PAL FRIEND. ✓



Date Letter Written

Date Letter received





Evaluate

5 Questions to Test Your Idea:

- Are you bringing people together to do meaningful things that need to be done?
- Are there rewards and meaningful tasks for ALL participants?
- Do your intergenerational efforts support successful and comfortable contact by strangers?
- Do you have a strong base for your intergenerational program?
- Could this activity become a tradition in time?